



Navy Alcohol & Drug Abuse Prevention

E-Gram



April 2010

Navy Alcohol and Drug Abuse Prevention (NADAP)

NADAP Webinars



Starting **April**, NADAP will be holding webinars on a monthly basis. A Webinar is a seminar that is conducted online and viewed with a computer. The webinars will focus on a new topic each month. Webinars will cover topics such as ADMITS, IFTDTL, alcohol screening packages,

NDSP and lab positives. At the end of each Webinar audience members will be able to ask question on any topic. Each webinar will have a 30 minute presentation and a 30 minute Q&A. All Webinars begin at 1300 (CST). To sign up for a webinar please visit the NADAP website for further instructions.

DATE	SUBJECT
14 APRIL	ADMITS
11 MAY	IFTDTL
16 JUNE	NDSP
14 JULY	ALCOHOL (SCREENING PACKAGES, ETC)
18 AUGUST	URINALYSIS - LAB POSITIVES
15 SEPTEMBER	SARP

NADAP SCHEDULE

APRIL

26 - 28 Kings Bay

MAY

16 - 17 Rota
19 - 20 Souda Bay
23 - 24 Sigonella
26 - 27 Naples
31 - 1 Jun Bahrain

JUNE

07 - 09 Groton

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NATIONAL ALCOHOL AWARENESS MONTH

Every April since 1987, the National Council on Alcoholism and Drug Dependence, Inc (NCADD) has sponsored Alcohol Awareness Month to encourage local communities to focus on alcoholism and alcohol-related issues. An integral part of NCADD Alcohol Awareness Month has been Alcohol-Free Weekend which takes place on the first weekend of April (April 1-3, 2011). Alcohol-Free Weekend is designed to raise public awareness about the use of alcohol and how it may be affecting individuals, families, and businesses.



During Alcohol-Free Weekend, NCADD extends an open invitation to all Americans to engage in three alcohol-free days. Those who experience difficulty or discomfort in this 72-hour experiment are urged to contact local NCADD affiliates, Alcoholics Anonymous (AA) and Al-Anon to learn more about alcoholism and its early symptoms. **For Navy, you can contact your DAPA or SARP for assistance. Essentially, it is a community consciousness-raising effort about alcoholism and health related issues and may serve as a trigger to recovery.**

For more information, free publications and resources visit the Substance Abuse and Mental Health Services Administration (SAMHSA) National Clearinghouse for Alcohol and Drug Information (NCADI) at <http://ncadi.samhsa.gov/seasonal/aprilalcohol>. If your command is participating in some type of Alcohol Awareness or Prevention initiative during the month of April, contact NADAP to receive a 3' X 5' banner promoting Alcohol Awareness Month.

National Alcohol Screening Day (NASD) April 07, 2011

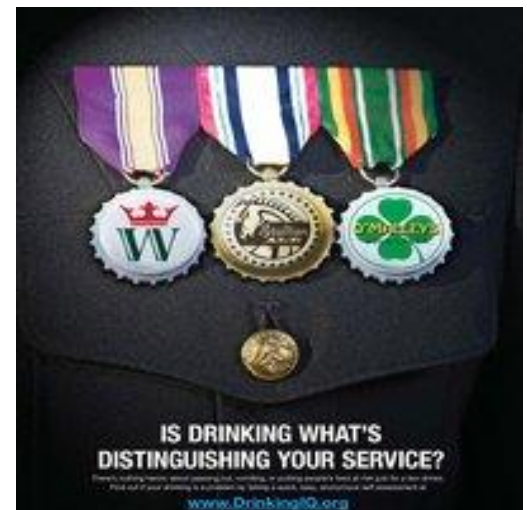
Held annually on Thursday of the first full week of April, NASD is an outreach, education, and screening program that raises awareness about alcohol misuse and refers individuals with alcohol problems for further evaluation. The program is provided by nearly a thousand colleges, community-based organizations, and military installations world wide each year.

National Alcohol Screening Day is designed to inform, educate and raise awareness about the dangers of at-risk drinking through anonymous in-person, online and telephone self-assessments.

The NASD kit provides all the information and materials needed to host a screening event. Or it can be used as part of an existing program or event, such as a health fair, family day or deployment briefing. It also serves to help fulfill alcohol education program requirements.

To order your NASD Kit Visit

<http://www.mentalhealthscreening.org/programs/military/nasd.aspx>.





18th Annual Conference



DEFY held its 18th Annual Conference held at the Marriott Downtown Memphis 1-3 March 2011. The Conference is a train-the-trainer enterprise that provides staff members from local DEFY sites with updated program training. The ultimate goal is to enable attendees to return to their respective programs, properly train their staff, and run effective programs. A total of 141 DEFY program staff attended the conference (98 representing the U.S. Navy and the U.S. Marine Corps, 16 representing the U.S. Air Force, and 27 from the U.S. Department of Justice DEFY program). The DEFY Program Office (OPNAV N135F) coordinated and conducted a series of seminars, exhibits, and individual sessions at the Conference. Sessions included topics to deal with recognizing child abuse, program operations and administration, protecting youth from online predators, and mentoring.



Local Program Coordinators (LPCs) will soon be looking for volunteers to help educate and mentor youth of military members at your command. If you don't have time to be an active participant, there may be other ways you can help. Local programs are always looking for support staff, on-base activities to engage the youth, and other help (such as presenters/speakers for special topics). Active leadership support is always helpful, particularly to give the opportunity for other military members to volunteer with the program. Ask the LPC of the DEFY Program at your base how you can help.

A Resolution to Quit Tobacco Can Work

If you made a New Year's resolution for 2011, get ready for success! Research shows that people who resolve to change their behavior are 10 times more likely to succeed than those who do not. This is good news for all New Year's resolution-makers, but it is especially hopeful if you are trying to make a major lifestyle change, like losing weight or quitting tobacco. **Preparation is ultimately the best path to success.** You can find the tools and support you need to prepare a plan and become one of the million people who will quit tobacco for good in 2011 at www.ucanquit2.org.

Quit Plan

When you are facing an opponent on the battlefield, you need a strategy to win. Quitting tobacco is no different. You can create your own quit plan to map out ways to succeed. The interactive quit plan will give you pointers on dealing with your triggers. Do you crave nicotine when you first wake up? (Tip: Don't linger in bed. Get up and into the shower or start some chores.) Your quit plan will have suggestions for every situation, so that you can eventually replace the tobacco habit that's wearing you down with healthy, new habits.

Start Your Quit Plan at

<http://www.ucanquit2.org/quitplansteps/Default.aspx>



Bud in a Bottle: New Marijuana Soda

How about a refreshing Canna Cola? A company based in Soquel, Calif., has created a new line of soda pot - or, marijuana soda - that it plans to launch in Colorado in February.

Canna Cola isn't the first marijuana soda on the market, but its designer Clay Butler, who said he has never used marijuana or smoked a cigarette but is a "firm believer that adults have an inalienable right to think, eat, smoke, drink, ingest, decorate, dress any way they choose," told the Santa Cruz Sentinel that his beverage collection will be distinguished by marketing. "You look at all the marijuana products out there, and they are so mom-and-pop, hippie-dippy and rinky-dink," he said.



According to the Sentinel, Butler's soda pot line will include the "flagship cola drink Canna Cola, the Dr Pepper-like Doc Weed, the lemon-lime Sour Diesel, the grape-flavored Grape Ape and the orange-flavored Orange Kush."

The labels promise "12 mind blowing ounces," and each bottle will retail for roughly \$10 to \$15. Containing 35 to 65 milligrams of THC (tetrahydrocannabinol), the main psychoactive ingredient in cannabis, Canna Cola is substantially less potent than many of the other drinks currently on the market, the Sentinel reports. (More on Time.com: See photos of Colorado's marijuana industry)

Scott Riddell, founder of Diavolo Brands, which is marketing Canna Cola, likened it to a "light beer" and said "it's got a mild marijuana taste," compared with heavier tasting competitors with three times the THC.

Canna Cola's makers plan to sell it to medical-marijuana dispensaries in Colorado starting next month, and hope to launch it in California by the spring. Looming, however, is a bill in Congress sponsored by Sen. Dianne Feinstein, the so-called "Brownie Law," which passed the Senate last year. It would increase penalties for makers of products that combine marijuana with "a candy product" or anyone who markets such products to minors. (More on Time.com: See photos of cannabis conventions)

There are currently 15 states, as well as the District of Columbia, where medical marijuana is legal. However, the conditions of its legality differ from state to state, and marijuana for any purpose is still illegal under federal law.

Read more: <http://healthland.time.com/2011/01/25/bud-in-a-bottle-new-marijuana-soda-to-launch-in-feb/#ixzz1CeHju7hP>

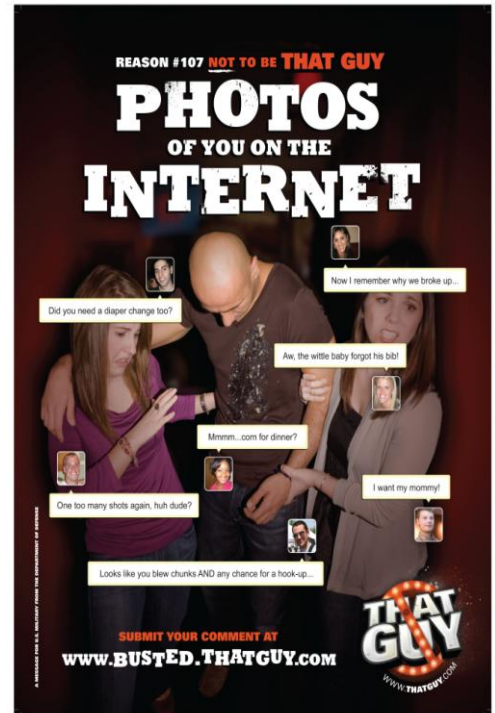
Keep Your Drug Prevention Program Visible

Here are some ways to keep your Drug Prevention Program visible.

- Provide daily Plan of the Day notes and a continuous flow of accurate information to your Sailors about the legal and health consequences of drug use.
- Put the seed in your young Sailors mind that you have an active, aggressive, drug-testing program and if they use drugs they will get caught.
- Ensure your Sailors fully understand Navy's policy and the consequences of violating that policy.
- Publicly discount the myths about the command not testing for drugs, drug tests can't detect certain drugs, drug labs don't test all samples or ways to defeat drug tests.
- Reinforce to them that every urinalysis sample is sent to a Navy Drug Screening Laboratory and every sample submitted is tested.

KNOW YOUR ADCO

For an updated list of ADCOs contact the NADAP office at (901) 874-4900.



Best Practice Tool for Urinalysis Program Coordinators (UPCs)

Q. How can you avoid losing your data within NDSP during a tech refresh or system crash?

A. By regularly backing up your database to a secondary location. When you backup your program, it defaults to your "C" or "D" drive unless you select a different drive. To avoid losing data, make sure you "backup" your program after every urinalysis test or major roster changes to two locations, one to the hard drive and the other to a "Share" or "External" hard drive. You only need to keep 2 or 3 history database. If you are provided with a different computer, then you can "Restore" the most recent database from the "Share" or "External" hard drive. For information on how to conduct a "Backup" and "Restore" of your database, log onto <http://www.npc.navy.mil/nadap/NDSP> and click on "5.2 Frequently Asked Questions".

LET US KNOW

What would you like to see in the E-Gram? Have ideas, suggestions, or news for the E-gram? Let us know! Please email suggestions to sara.geer.ctr@navy.mil.



If you or others are interested in receiving the NADAP E-Gram via e-mail let us know by sending an e-mail to unhwa.villamento@navy.mil.

